

AGENDA  
NASA Health Promotion and Wellness Committee ViTS  
September 11, 2008  
11:00 AM- 12:00 PM EST  
USA Toll Free Number: 800-619-7480  
Audio Passcode: 1725543  
**Location @ KSC HQ Rm 3125**

- Welcome M. Hafizi
- HealthierYou 2009 Campaign M. Hafizi
- Mayo Clinic EmbodyHealth: Walk to Wellness Kirstin Wood  
Mayo Clinic
- Guest Speaker Mathew Clark, PhD  
Mayo Clinic

Effective Wellness Interventions: Overcoming the top 10 Barriers to Health Behavior Change

- ViTS Schedule 2008
  - **Thursday 12/11/2008 11:00 AM - 12:00 PM**
    - Mayo Clinic Health Assessment Data
    - Marketing and Communication for the 2009 Campaign